

## Baked Chicken Fried Steak<sup>10</sup>

Number of Servings: 10 (153.9 g per serving)

Amount	Measure	Ingredient
2 1/2	lb	Beef, bottom round outside steak, raw, 0" trim
1/2	cup	Flour, all purpose, white, bleached, enrich
1/4	tsp	Salt, table, iodized
1/4	tsp	Spice, pepper, black, ground
6 1/2	Tbs	Oil, canola
1.00	tsp	Seasoning, original
1.00	ea	Eggs, whole, raw, lrg
1/2	cup	Milk, 1%, w/add vit A & D
2/3	cup	Bread Crumbs, plain

### Nutrients per serving

Nutrition Facts			
Serving Size (154g)			
Servings Per Container			
Amount Per Serving			
<b>Calories 310</b>		<b>Calories from Fat 150</b>	
		% Daily Value*	
<b>Total Fat</b> 16g			<b>25%</b>
Saturated Fat 3.5g			<b>18%</b>
Trans Fat 0g			
<b>Cholesterol</b> 90mg			<b>30%</b>
<b>Sodium</b> 200mg			<b>8%</b>
<b>Total Carbohydrate</b> 11g			<b>4%</b>
Dietary Fiber 0g			<b>0%</b>
Sugars 1g			
<b>Protein</b> 27g			
Vitamin A 2%		Vitamin C 0%	
Calcium 4%		Iron 20%	
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
Fat 9 • Carbohydrate 4 • Protein 4			

### Instructions

Serving size: 1 steak approx 3 oz cooked = 1 CS

Cut meat into portions, 4 per pound. Mix flour, bread crumbs, salt, and pepper. Mix eggs and milk together. Dip meat into egg mixture, dredge steaks in flour mixture.

Brown meat in hot, oil shortening. Use nonstick spray also to help keep from sticking and to prevent using more oil.

Place, slightly overlapping in baking pans.

Add a little water to keep from drying out. Cover with foil

Bake at 325F for 40-60 minutes until fork tender.

Fat content actually < than label shows as some fat will drain.

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Cooking :

- Cook to an internal temperature of 155 F for 15 seconds.

Holding :

- Hold for hot service at an internal temperature of 135 F or higher.

Cooling :

- Cool to an internal temperature of 70 F within 2 hours and cooled to 41 F within 4-6 hours.